

Carleton

UNIVERSITY MAGAZINE

Winter 2005



What's the prognosis?

Carleton's Allan Maslove examines the Canadian health care system

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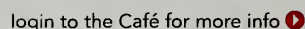
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Carleton University Department of Development and Alumni

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Putting the health into health care

Unquestionably linked with our national identity, medicare has now become Canada's national obsession. Given the seemingly infinite need for health care services, and the finite resources, is Canada's health care system sustainable?

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An uncommon physician

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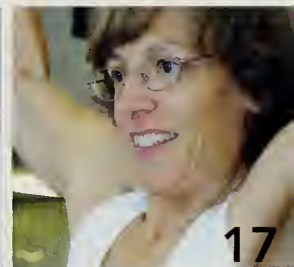
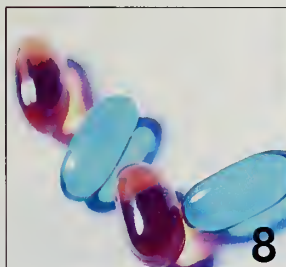
Meet three of Carleton's star faculty members whose research may inspire medical miracles.

By Erin Sweet, Giuliano Toluoso and Rob Thomas



Cover notes

Health care expert Allan Maslove of Carleton's School of Public Policy and Administration examines the Canadian health care system.
Photo: Trevor Lush



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Women in the weight room

The gender balance in the weight room is shifting as more women pump iron as a form of preventative health care.

By Cindy Robinson



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Canada's Capital University has so many stories to tell, it's hard to put them all in print! Visit the Web to find out more about these and other exciting stories. **CU online!**



Photo: Bruno Schlumberger, the Ottawa Citizen

Brett Popplewell

Bully-Boy is back!

After successfully selling 25,000 copies of his first anti-bullying comic book, third-year Carleton student Brett Popplewell recently released a second edition entitled *The MISadventures of Bully-Boy and Gossip-Girl*.

The newest issue is a 20-page bilingual comic that includes interactive games for readers. A curriculum document for teachers, along with posters and a Web site, supplement the comic book's reach and educational value to students.

"I concluded that bullying really needed to be addressed at the elementary level but that simply talking to kids about it wasn't enough," explains

Popplewell about the genesis of the comic books.

Tina Daniels, a professor in Carleton's psychology department, is confident the comic will be a useful tool in the classroom.

"With excellent student-led programs like this, we can begin to tackle bullying from a broad whole school approach, one that engages both students and parents."

Visit bullyboy.ca for more information.

Rae reviews universities

The Rae Review will be handed down in February with recommendations to improve Ontario's postsecondary education system. Chaired by former provincial premier, the Honorable Bob Rae, the review included town hall meetings with students, faculty and university administrators, to discuss expectations and goals for Ontario's universities.

The final report will address issues such as financial aid, student retention, quality of education, research and accessibility.

For more information and to view Carleton's official submission, visit raereview.on.ca.

Athens adrenaline rush

First-year psychology student Chelsea Larivière mounted a silver medal winning performance at the 2004 Paralympic Games in Athens, Greece, last summer.

"I had the best start of my life, but I didn't realize it at the time," says Larivière, who set a personal best while racing to a second place finish in the 100m wheelchair final. "I was completely in the zone that I didn't even know what place I came in when I crossed the finish line," she recounts.

The Paralympic Games are the largest sporting event in the world for athletes with a physical disability. Larivière, who has cerebral palsy, says the silver moment was the highlight of her athletic career.

"Being on the podium was a tremendous emotional adrenaline rush. It was the realization that I had accomplished a long-term goal," she says.



Photo: Nicki Cornall, the Ottawa Citizen

Chelsea Larivière

The 21 year-old from Mountain, Ontario, says she'll be able to use some of the skills she developed as an elite athlete in the classroom.



Winter exhibitions at the Carleton University Art Gallery

7 February - 17 April 2005

St. Patrick's Building 613.520.2120 www.carleton.ca/gallery

Pegi Nicol MacLeod: A Life in Art

Woman Imprinted: The Work of Cecil Buller

Group Dynamics: Works by the Group of Seven from the Collection

"I think my ability to stay focused will help with my studies, particularly during periods of stress."

Visit magazine.carleton.ca for the full story.

The healing touch

From traumatic concussions to overused muscles to simple sprains, Carleton's athletic therapy centre provides rehabilitation care to varsity athletes and club teams on a year-round basis.

Find out how a wide range of therapeutic techniques, such as ultrasound, pain management, electrical muscle stimulation, therapeutic exercise, chiropractic care and massage therapy, keep student athletes in excellent physical health with this online exclusive about the university's athletic therapy centre.

Visit magazine.carleton.ca for the full story.

Young innovator wins award

Michael Jemtrud, an assistant professor in the School of Architecture, is the recipient of the 2004 Petro-Canada Young Innovator Award for his groundbreaking research investigating the creation of virtual and physical environments with three-dimensional technologies.

"The award, along with invitations to present at international conferences, will establish this project as a leader in the area of 3D visualization.

I am honoured to be recognized for this exciting work," says Jemtrud.

Jemtrud's interdisciplinary research has applications in such diverse fields as medical technologies, architectural engineering and natural resource exploration.

The Petro-Canada Young Innovator Award was created in 1995 and is designed to recognize and help support the work of outstanding young faculty researchers at Canadian universities, colleges and major research institutions.

Visit carleton.ca/duc/News/ for the full press release.

Influential woman

Dasa Farthing has been chosen as the Ravens 2004 Chatelaine Woman of Influence for her contributions to sport and her influence on her school, team and teammates.



Ravens basketball player Dasa Farthing, left, and Charmaine Crooks.

"Dasa is a very effective player on the court, and she has a sense of leadership and presence on the team that separates her from her peers," says basketball coach Christie Lauzon.

Farthing, a fourth year member of Carleton's women's basketball team, received her award at a luncheon in Toronto on December 2, 2004, from track and field Olympian Charmaine Crooks.

Visit magazine.carleton.ca to read the full story.

Journalist honoured

Canada's largest media company, CanWest Global Communications Corp., has partnered with Carleton to establish a new scholarship in business journalism in honour of the late esteemed journalist Don McGillivray.

Valued at \$5,000, the CanWest Global – Don McGillivray Scholarship in Business Journalism will be awarded annually to a second or third year Carleton journalism student, with a minor in business or economics. The first scholarship will be awarded in September 2005.

"It is only fitting that this scholarship be created at Canada's original journalism school which has developed some of the finest journalists in the business, and where Don taught business journalism for a number of years," says Leonard Asper, president and chief executive officer of CanWest.

Visit carleton.ca/duc/News/ for the full press release.

Call for volunteers

Do you have the write stuff?

Carleton University Magazine is looking for graduates to volunteer their enthusiasm and energy to the Editorial Advisory Committee (EAC).

EAC members provide creative input on each magazine by writing feature articles, proofreading content, and offering advice on future issues, content and design.

Interested alumni should submit a résumé and brief cover letter by March 31, 2005, to:

Editor, *Carleton University Magazine*
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1125 Colonel By Drive
Ottawa, ON K1S 5B6

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"I appreciated seeing the diverse stories from the wide range of graduates from over the years, as well as those whose design careers have taken different paths."

Kudos from the top

Thanks for all the great coverage in the fall issue of the alumni magazine. I had no idea it would be as extensive as it was. We are all quite pleased and have asked for as many copies as you can spare so we can use them in our recruiting and publicity efforts over the next year.

Personally, I appreciated seeing the diverse stories from the wide range of graduates from over the years, as well as those whose design careers have taken different paths.

A point to follow up on: both Kam Fung's and Monika Mikolajczyk's projects were supervised by Michael Langlois, BID/89.

Thanks for taking the time to highlight the success of the School of Industrial Design.

Lois Frankel

*Director, School of Industrial Design
Carleton University*

I.D. students for hire

I recently received my copy of *Carleton University Magazine* and was thrilled with the pages of information related to industrial design. As a parent of a child with special needs, I am motivated to contact the School of Industrial Design to inquire about the possibility of hiring a student to create some innovative and functional pieces of equipment for my child and our home.

*Kelli Toner, BAHons/92
Ottawa*

Aloha from Hawaii

I just received and read the latest copy of *Carleton University Magazine*. Best one ever! I really enjoyed the layout, the features, and the link between visuals and the stories. I liked it so much that I shared it with my 15 year-old daughter who is now starting to think about which colleges she might like to attend in the U.S. or Canada. I was proud to share this one with her and help her understand that Carleton helped me become who I am.

*Peter Whitar, BAHons/72
Honolulu, Hawaii*

Building a great magazine

Thank you for sending me a copy of *Carleton University Magazine*. I enjoyed the article and want to thank you for accurately reflecting my views on Carleton's architecture. The whole issue is packed with interesting articles on art, design and architecture and I will enjoy reading it in greater depth.

*Adrian Göllner
Ottawa*



Editor's note: Adrian Göllner was interviewed for the *Count-down* story about the architecture of the University Centre staircase in the fall issue of the magazine.

Amazing magazine

Wow! The new issue of *Carleton University Magazine* is amazing! I've been reading some of the articles and



I think it just might be one of the best issues yet. Who designed the cover? It's so funky. Congrats to the whole team on a wonderful job.

*Leanna Karremans, current student
Ottawa*

Cover lover

Another great job on the magazine. Loved the cover. Very cool.

*Michael Makin, BJ/86
Sewickley, Pennsylvania*



Editor's note: Design kudos for the fall issue can be directed to its new graphic designer, Richard Bootsma, at richard_bootsma@carleton.ca.

A debt of gratitude

I am reading only now, in the fall 2004 issue of *Carleton University Magazine*, the truly sad news of professor Venkateswarier Subramaniam's passing last May.

I much admired professor Subramaniam and, since he supervised my thesis, also learned much from him and owe him a debt of gratitude.

*Franz Baumann, PhD/92
Vienna, Austria*



Send letters to:

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Carleton University Magazine welcomes letters from its readers.

From the rock

Just wanted to drop a line to say how much I enjoy *Carleton University Magazine*. My Carleton experience has certainly helped me greatly ever since I graduated.

*Bruce Pearce, BJ/86
St. John's, Nfld*

Soccer enthusiast

I think that the magazine is great! I will read it more if it's going to have sports related articles such as women's and men's varsity soccer.

*Angela Penfound, current student
and Raven's varsity soccer player
Bowmanville, ON*

Cover to cover

I know I'm a little late but congratulations on the spring 2004 issue of *Carleton University Magazine*. It was the best one yet, and I read this one cover to cover. Of course, that had a lot to do with the topic.

As a writer, I appreciated reading the comments from other, more seasoned writers on the problems of getting published, freelancing, etc., and it brought back memories of my own writing mentors — the good, the bad memories and the ugly.

Please keep up the good work.

*Kent Waddington, MA/87
Combermere, ON*

Sporting CU pride

Procrastination has never been my style. However, ordering a Carleton University alumni I.D. card was put on the back burner for way too long.

Knowing that Carleton's only appearance in men's hockey action at Queen's University was the following weekend, using the I.D. card to purchase a CU alumni jersey was essential so that the partisan Golden Gaels' crowd at the Jock Harty Arena could understand why I wasn't in their corner.

In actuality, it was a very friendly atmosphere. Perhaps everyone in attendance felt unified by the fact that

Ontario University Athletics action became a rare diversion away from our existing sense of emptiness directly resulting from the National Hockey League's controversial lockout.

In spite of a worthy effort, the Ravens were on the losing end of a 4 – 1 setback. While losing is normally tough to swallow, the joy of actively demonstrating Carleton pride at a live sporting event was long overdue.

*Fred T. Perel, BA/94
Kingston, ON*

Touchdown!

Ah, what more could you ask for? The 92nd Grey Cup was in the nation's capital and I was able to come back to the city I called home during my time at Carleton University.

The weekend was going to be about some entertaining football and the chance to see a few friends, but it turned out to be one of the most entertaining trips I have embarked on in my life.

My time spent at the Grey Cup, including the weekend of great parties, people I met and the game itself, were all awesome highlights of the experience. But it was definitely topped off with the great Carleton spirit I saw at the game. Thanks to all the alumni association members for making my CFL experience truly great. It was definitely a touchdown for me. Argo's rule!

*Ryan Ward, BA/99
Toronto*



Editor's note: Ryan Ward won a complimentary prize package at a pre-game party hosted by the alumni association on Grey Cup day.

Correction

In the fall 2004 issue of *Carleton University Magazine*, incorrect information appeared about the International Design Society of America's (IDSA) top 10 list of industrial design schools in North America. In fact, IDSA does not rank or rate industrial design schools. *Carleton University Magazine* apologizes for the error.

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Carleton University Magazine is published three times a year for the university's alumni, faculty, staff and friends. The magazine is the university's primary vehicle for providing information on the accomplishments of alumni, faculty and students, and on significant issues and developments within the university community and the alumni association. The magazine is distributed to 69,000 alumni worldwide.

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From the top

Carleton's Faculty of Public Affairs and Management (PAM) prides itself on making a contribution to society. This includes making a contribution in the field of health care through research, outreach and public dialogue.

For example, professors Allan Maslove of the School of Public Policy and Administration, and Hugh Armstrong of the School of Social Work — both of whom are featured in this issue's cover story — are prominent participants in public policy debates about the Canadian health care system. Based on their disciplinary backgrounds, each brings forward perspectives that can inform health policy initiatives being considered by the provincial and federal governments.

Our students in the School of Social Work often participate in field placements in agencies concerned with mental health or community health. Through these dynamic opportunities, our students prepare themselves for professional activities in the field of health care.

In fact, significant health care research is being conducted across all faculties and disciplines, including psychology, cognitive science, biomedical engineering, biology and environmental science.

This incredibly broad range of expertise makes Carleton a vibrant contributor to the health care field: from academics discussing the health care system's viability, to faculty researchers making medical discoveries, to alumni working in the field, to students using the skills learned in the classroom to propose innovative solutions to health care concerns.

By understanding the health care issues and problems that impact Canadians, Carleton's faculty, researchers, staff, students and alumni are also contributing to possible solutions.

Katherine Graham
Dean, Faculty of Public Affairs and Management

Editor's welcome

I haven't stepped foot inside a hospital for more than 20 years. My vivid impressions of hospitals come from television and films, where tragedy is forever looming, a heightened sense of alarm governs everything as does an incredible bustle of anxious activity.

No doubt, the drama we've all seen on screen happens every day in emergency rooms across the country. But much to my surprise, I encountered something completely different when conducting this issue's cover photo shoot in a busy Ottawa hospital.

What struck me most about the experience was the absence of histrionics or melodrama. In numerous instances, hospital staff members, even the patients I saw in the halls, wore quiet smiles or were engaged in friendly banter. I watched as a team of medical professionals wheeled an ailing elderly lady down the hall to some unknown destination — perhaps to an operating room. I saw a wide-eyed little girl being comforted by her mother as they sat together in the emergency room, patiently waiting to see a doctor.

These were certainly dramas that I witnessed — but quiet, human dramas that had dignity. Instead of theatricality, I saw dedication and compassion in these simple vignettes of kindness and concern.

It was a welcome experience that has marked the production of this entire magazine. Carleton has so many rich and interesting connections with health care, and I'm pleased to have the opportunity to introduce you to a number of alumni, faculty and students who are passionately dedicated to their health care goals, careers and research. I'm sure you'll find their stories as surprising and rewarding as I found my recent hospital visit.

Enjoy your magazine.

Cindy Robinson, MA/98
Editor



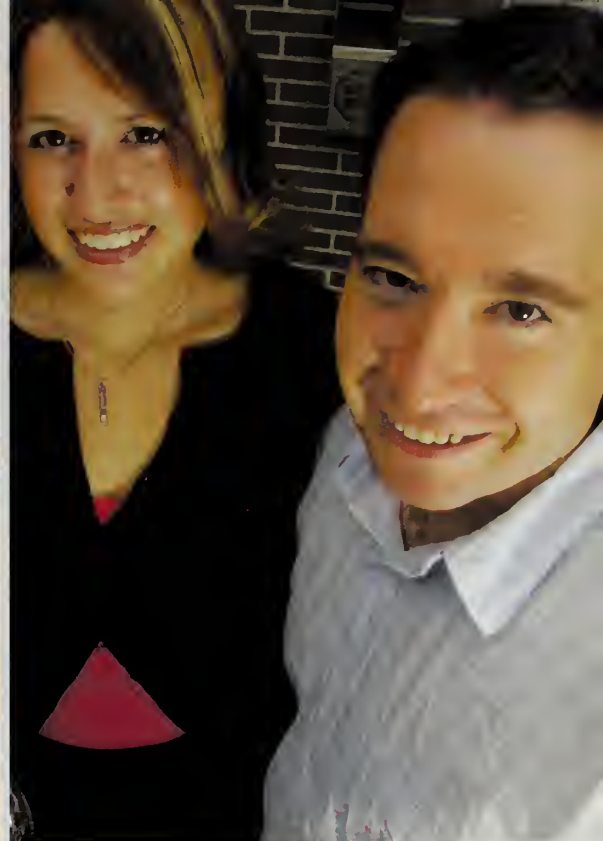
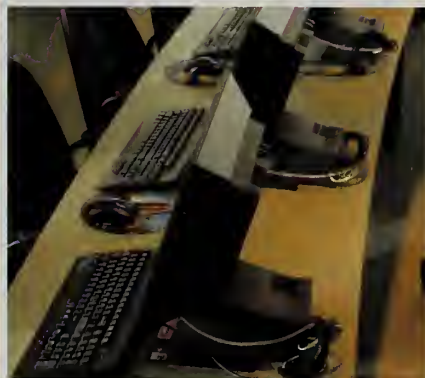
Pay tribute to past presidents

To celebrate the arrival of Carleton's new president, David W. Atkinson, in August 2005, *Carleton University Magazine* wants to hear your fond recollections of the university's past presidents. Share your presidential memories online at magazine.carleton.ca and you could win a Café prize package!

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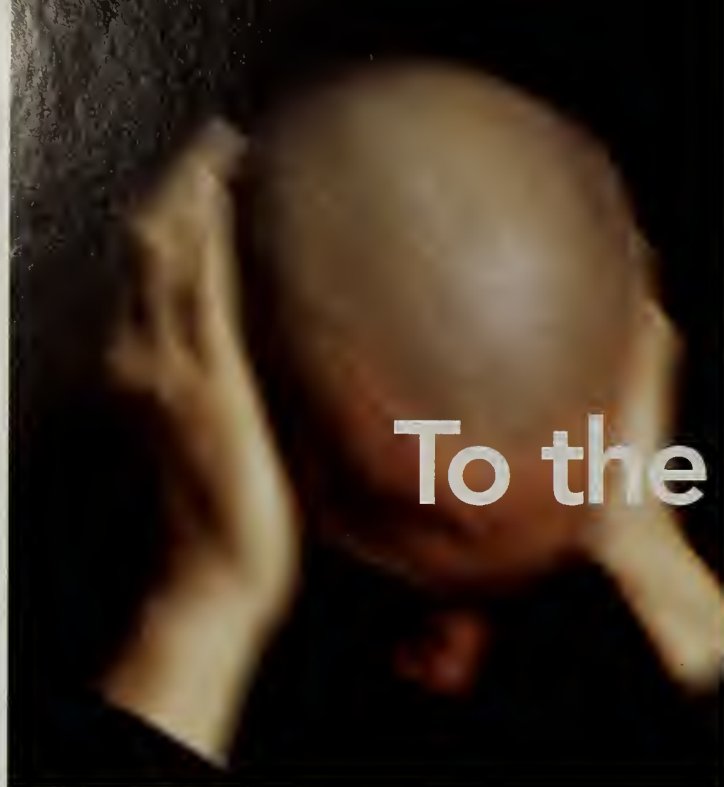
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To the extreme

New drug raises hope — and questions — for victims of post-traumatic stress disorder. *By Ryan Davies*

We never forget fear. It is an unfortunate fact. Frightening or life-threatening events and traumatic experiences forever lurk in the folds and furrows of our brains, seemingly etched into the grey matter. Years later, a passing reminder of a traumatic incident can make our palms sweaty and our hearts race.

Luckily, our brains can process most fears, allowing us to understand them or rationally dismiss them.

But for some individuals who have lived through extreme trauma, the emotional response attached to the painful memory is never properly processed. They become enslaved by fear, reliving a traumatic event days, months or years after the fact. This is diagnosed as post-traumatic stress disorder (PTSD) — a pathological and recurring mental and physical reaction to a traumatic experience, such as war, torture, violence, or natural disasters such as earthquakes or the recent tsunami that devastated many communities in Asia. Symptoms such as panic attacks, intense anxiety, nightmares and flashbacks, can be debilitating, preventing victims from leading productive lives.

Until recently, treatment of PTSD was largely limited to cognitive therapy and discussion — the “talking cure,” says Cecilia Taiana, an assistant professor in Carleton’s School of Social Work. “The issue of trauma and memory brings

you face to face with a philosophical issue,” she explains. “If the cure is to process and therefore integrate (the traumatic memory), why would I process and integrate inhumanity and brutality and cruelty?”



An expert on post-traumatic stress disorder resulting from natural disasters, Cecilia Taiana has been interviewed extensively on the tsunami tragedy in Asia.

Now, a new treatment in the form of the drug propranolol provides PTSD victims an alternative to integration. A controversial drug, propranolol dulls the body’s and brain’s response to a traumatic memory, making fear more manageable and less intrusive over the long term.

When any kind of therapy helps patients, it should be welcomed. But because propranolol walks a fine line between integration and avoidance of traumatic memories, it’s forcing therapists to ask some tough questions. Don’t our fears, even the

crippling ones, help define who we are? If propranolol serves to diminish even the worst fears — making them less vivid — doesn’t that jeopardize the lessons individuals, and perhaps society at large, may learn from traumatic experiences?

Hymie Anisman, a professor in Carleton’s Psychology Department, feels that the benefits of the drug may outweigh the disadvantages for those victims of traumatic experiences whose everyday lives are seriously impaired by PTSD.

“I can see that there would be something to be said about not wanting to erase a memory,” says Anisman, “but when that memory is affecting a person’s everyday life, I can’t say having that memory has been all that helpful.”

Anisman, who is an expert in pharmacological treatments of stress, depression and anxiety, explains that propranolol doesn’t cause the victim to forget the event, but diminishes the acute physical symptoms of fear and anxiety that accompany the memory.

“I don’t think it’s causing a disruption of memory,” suggests Anisman, “but maybe causing a disruption of the emotion tied to that memory.” By dulling the impact of the emotion attached to the memory, Anisman contends that victims of traumatic events are released from the paralyzing fear that can negatively impact their personal lives or careers.

Taiana, PhD/02, remains cautious about the effect the drug has on the brain and a victim's memory.

"Memory is about permanency, it's about continuity, it's about something that carries on," she says. "As we tone down the bad experience, we also tone down the good experiences. We have this notion that we can alter the brain forever and that nothing is going to happen, and we don't know that."

Propranolol is still largely an experimental drug, so its effects and consequences are not yet entirely understood. But it is clearly not a cure-all. Even its strongest proponents agree that dealing with trauma on a rational level offers the best hope for recovery.

"We know that bringing the implicit memory as much as possible to language helps the person symbolize the experience," says Taiana. "We are beginning to understand the importance of language as a narrative of the event to help the person move forward."

Anisman agrees. "In neither case, whether you're dealing with a PTSD-like syndrome or a social phobia or generalized anxiety syndrome, would I suggest that you rely simply on the drug," he says. "In virtually every instance there are data showing that cognitive therapy works. The drug might work as well. I think you're probably better off in most instances with a combination."

Visit magazine.carleton.ca to read the full story. ■

Stress and your HEALTH

Hymie Anisman and psychology professor Kim Matheson are conducting a study to examine the effects of day-to-day hassles and traumatic events on the health, well being, and quality of life of Canadian social groups.

To participate in the study, which will help researchers develop workable strategies that serve to enhance the health outcomes of all Canadians, visit copewell.carleton.ca. Or for more information, email life_experiences@carleton.ca.



Colin Gill's 1919 painting *Canadian Observation Post*.

© Canadian War Museum

Trauma on the front line

By Ryan Davies

As the Ombudsman for the Department of National Defence and the Canadian Forces, André Marin, BA/85, has seen firsthand the effects of post-traumatic stress disorder (PTSD).

"There are thousands of people in the Canadian Forces that are suffering from PTSD," he says. "It's probably higher than the general population solely because of the nature of the work the military does."

Marin, the first military ombudsman in Canadian history, was appointed in 1998 to investigate complaints, identify systemic problems and recommend solutions for Canada's military. While he usually focuses on matters such as compensation and harassment, PTSD has emerged as a major issue — and has been the subject of four lengthy reports in his six years on the job.

"Originally the interest was sparked by General Dallaire's experience," he explains, referring to Romeo Dallaire, the former head of peacekeeping operations in Rwanda. "He had participated in peacekeeping operations where he was helpless intervening to prevent horrific things from happening. That haunted him and he brought it back to Canada. It highlighted that his experiences aren't unique."

Being a soldier is understandably a high-risk job, Marin says. "They risk their lives, they're in harm's way all the time, as peacekeepers or otherwise." But the frequent violence and constant

stress can be hard for even the most seasoned soldiers to endure, he notes.

Unfortunately, the culture of the military prevents many from expressing or confronting their problems before they explode into something more debilitating. "I think there's still a generalized concern that by declaring themselves as suffering from psychological injury, that somehow they will suffer consequences," says Marin, who will start his new job as Ombudsman for the province of Ontario in April.

His office has been working to persuade the military to erase that concept, and to adopt better strategies for preventing and treating PTSD. "We got involved as the result of a corporal who drove his SUV through the Edmonton garrison building out of desperation," Marin explains. "There is no doubt that there would not have been anybody else to address the issues that he raised in this office."

To combat PTSD, Marin also suggests that the military — and even the general public — needs to better understand how distressing the battlefield experience can be.

"When you think of a soldier, you forget that it's a human being under the helmet. It doesn't mean they're supermen."



André Marin



Photo: Trevor Lush

Diagnosis? Prognosis?

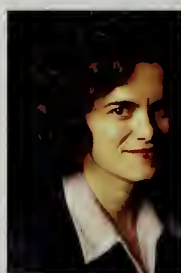
Putting the **health** into health care

By Barbara Sibbald

Unquestionably linked with our national identity, medicare has now become our national obsession. In the past decade numerous provincial commissions, a national health forum, a Senate study and the Commission on the Future of Health Care in Canada have prescribed myriad cures.

Lurking behind the political posturing, provincial cash grabs and rising costs, lies the question of sustainability: Given the seemingly infinite need for health care services, and the finite resources, is Canada's health care system ultimately sustainable?

The answer, according to a handful of experts in public policy, economics and Canadian studies, is a resounding yes. However — and there is a caveat — there must be the federal political will.



Antonia Maioni

There are two reasons the system can continue to be sustainable. First, according to Antonia Maioni, MA/86, the director of the McGill Institute for the Study of Canada, there is a public will. "We see medicare as a public good, meriting public funding," says Maioni. "Canadians value it, that's why we keep putting more money into the system."

Secondly, publicly funded health care is cheaper than private, says Allan Maslove, a professor in Carleton's School of Public Policy and Administration. Private alternatives, such as the U.S. system, actually cost more,

he argues. "Canada's administrative costs are a third of what they are in the U.S.," says Maslove, who has been engaged in the debate around health care funding for about six years. In 2004, an estimated 31 percent of America's \$1.79 trillion health care bill was spent on administration. Canada's provinces and territories, which govern 90 percent of all publicly funded health care, spend 1.9 percent on administration.

A private system also excludes people, which is contrary to the Canadian public's support for the tenant of social good. In the U.S. about 15 percent of people have no health coverage. "We have waiting lists. There, 15 percent wait forever," says Maslove.

Despite these arguments, there is pressure to increase private indus-

"The **system** is like a giant sponge... It will absorb whatever money you throw at it. But that is different from saying it's not **sustainable** at more or less current levels of funding."

~Allan Maslove

◆ In 2003, health spending totaled \$121 billion, up from \$73 billion in 1994, according to the Canadian Institute for Health Information. In the past seven years, it has increased an average of 7.2 percent — a substantial increase, but largely a catch-up bid after several years of restraint, says Allan Maslove, an economist.

try's toe-hold in health care because of enormous potential profits and because some ratepayers are fed up with high taxes.

"The system is like a giant sponge," admits Maslove. "It will absorb whatever money you throw at it. But that is different from saying it's not sustainable at more or less current levels of funding."

Political sustainability

The important question is not fiscal sustainability but political sustainability, says Maioni, a graduate of Carleton's Norman Paterson School of International Affairs. "We need political consensus for medicare to be viable."

"If people don't sense leadership and funding in maintaining the public system, they will look for other

options," she adds, noting that these options include private, for-profit clinics.

According to Maslove and Hugh Armstrong, a professor in Carleton's School of Social Work, political sustainability means attaching more conditions to the federal health dollars that are transferred to the

provinces.

"I think we need a stronger federal government," says Armstrong, BA/66, MA/74. "Not to say everything should be centralized, but we need a more transparent, adhered-to set of standards."



Hugh Armstrong

Compared to all other developed federations, Canada's medicare system is the most decentralized, something Maslove believes must change. "Part of the reason the federal government cut back transfers to the provinces [in the 80s and 90s] is because they had so little influence. There is little argument to continue to transfer money when they get no visibility, no political credit."

The federal government could lend stability — and sustainability — to the system, by insisting on accountability through clear bench-

marks and guidelines that link transfer payments to performance, adds Armstrong. Health care, he says, is government's largest public spending program yet there are no clearly articulated goals and no way to gather the information necessary to assess its performance.

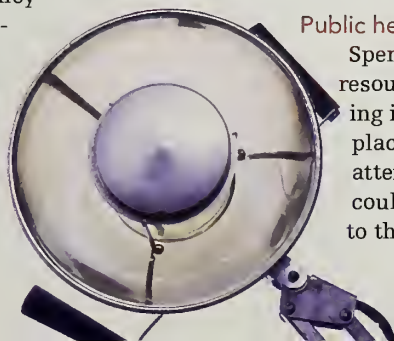
"Part of the reform plan has to involve ... better tracking of these things," says Armstrong, who has written four books on medicare.

"More money does not automatically equal better health," argues Maioni. "The larger question is not about the money spent, but the result you get. We need proper allocation of resources."

Roy Romanow's 2002 report, *Building on values: The Future of Health Care in Canada*, suggested adding accountability to the five principles of the Canada Health Act. By tying its health care funding to certain initiatives, setting benchmarks and measuring performance, Ottawa could steer the way to improved efficiency, cost effectiveness and sustainability. These initiatives could include primary health reform, long-term and home care, pharmacare and more.

Public health

Spending limited resources on preventing illness in the first place, rather than attempting to cure, could also contribute to the sustainability





◀ In terms of gross domestic product (GDP), Canada now ranks fourth among Organization for Economic Cooperation and Development nations in health spending. In 2002, health spending consumed 9.6 per cent of our GDP, behind Germany, Iceland, Switzerland and the U.S. (14.6 percent).

"I think we need a **stronger** federal government. Not to say everything should be centralized, but we need a more **transparent**, adhered-to set of standards."

~Hugh Armstrong

of the current system, according to Maslove. An estimated 16 million Canadians live with chronic diseases such as cancer, obesity and heart disease, and roughly two-thirds of every health care dollar is spent on chronic disease.

The new Public Health Agency of Canada, created in response to the tainted-water debacles and the SARS outbreak, is supposed to respond to emergencies and prevent chronic diseases through activities such as immunization, nutrition and physical activity programs. And while public health is effective, it's a hard sell politically because the pay-off in improved population health is delayed for decades, while more immediate problems garner headlines, says Maslove.

Primary care reform, he argues, is more politically palatable because it addresses pressing issues like access prob-

lems through initiatives such as school clinics, telehealth services, and community-based, multi-disciplinary clinics.

In the short term, primary care reform could open health care doors to the 3.6 million Canadians who don't have a family doctor. It would foster 24/7 access to the system through clinics and group practices, which could keep people out of emergency departments, says Maslove.

Maioni says primary care reform could also help create a more coordinated approach to delivery, allowing hassle-free access to things like long-term and home care. "The biggest problem isn't access to care, it's inappropriate use of care," she says.

Maslove identifies the development of these less intensive types of care as the key to sustainability, because they ease congestion — and financial burden — in acute care settings. "We

haven't moved toward this as fast as other countries," he adds.

Despite this, there are encouraging signs — the creation of the Public Health Agency of Canada, investment in health informatics and primary care overhauls in virtually every provincial health care system.

"There are ways it can be improved," concludes Maioni, "but we shouldn't dismiss the sustainability of the public model." ■

Barbara Sibbald, BJ/84, is an Ottawa-based freelance journalist and the associate news editor of the Canadian Medical Association Journal.

Visit magazine.carleton.ca to read an exclusive online story about Diane Gorman, BA/83, Health Canada's assistant deputy minister.



Photo: Valberg Imaging

◀ In recognition of her advocacy work, Armstrong was given the 2004 Rogers Television Award for Healthy Living from the Ottawa YMCA-YWCA Women of Distinction Awards program.

An uncommon physician

By James Hale

It's not common for someone to consider an experience with an incapacitating illness to be a positive event, but then Dr. Jennifer Armstrong, BSc/73, is an uncommon physician.

One of less than a dozen doctors in Canada who specialize in environmental medicine, her career has followed a unique path that included a near derailment in the 1990s.

After studying biochemistry at Carleton, Armstrong fulfilled a dream she had harboured since the age of three when she was accepted at the University of Toronto's school of medicine.

"I always wanted to help people," she says. "It was a grueling five years at med school, and I remember on my graduation day we were all talking about why we had wanted to become doctors. Some people said they wanted to make a lot of money, others said they wanted the prestige; I didn't

know there was any other reason besides altruism."

She headed for Texas, establishing a rural practice in family medicine where she was the only physician for 16,000 people. After eight years, and with her young son in tow, Armstrong returned to Canada to set up a practice in Niagara Falls. Then, within a short period of time, she went from doctor to patient.

"I was working in a clinic with terrible ventilation, and I started having fever, night sweats and rapid heart-beat. I was tired all the time and my vital signs were all off. I had the signs of thyroid problems. If a car drove down the street I'd get really dizzy. I couldn't go into a store without feeling sick. My heart was racing so much that I couldn't sleep."

Armstrong credits Dr. John MacLennan, a pioneer in environ-

mental medicine, with saving her life, but it took her six years struggling with chronic fatigue syndrome to turn her life around.

"Eventually I came to Ottawa in 1996 to live with my father. I couldn't work and had no other income besides disability payments. I met my future husband at a course I was taking, and he convinced me to apply what I had learned about my own health problems and open a new practice."

A single newspaper ad attracted enough patients to keep her busy two days a week, and over the past seven years her practice has expanded to the point where she has a two-year waiting list and about 2,000 patients.

"I'm up to working four days a week now, which is all my immune system can take, and I'm seeing about two new patients every day — more than most general practitioners do."

Armstrong says it's clear that environmental hypersensitivity disorder is affecting a growing number of people. Organized medicine has been slow to react, and much of her work involves mentoring other doctors who want to learn more. Education plays a large role in her practice, too.

"People need to learn why they are getting sick, and we work together as a team. This is one area of medicine where people can get better, but they have to know how and what they need to avoid." ■

James Hale, BA/77, is a senior marketing communications advisor at MD Funds Management Inc. in Ottawa, and a jazz journalist.

Medical *miracles*

Carleton boasts a number of top researchers whose cutting-edge work holds many promising medical applications. Meet three of Carleton's star faculty members whose research may inspire medical miracles.



Photo: Bigette Bowler, the Ottawa Citizen

◀ Biology professor Kenneth Storey has identified the molecular technology the wood frog has evolved over time to survive freezing. His work could be instrumental in preserving human organs longer for transplant opportunities.

mixture that protects internal organs from damaging ice crystals.

Aside from capturing the imagination, the research has important medical applications, and is changing human organ transplant options.

Humans can't pack their blood with sugar to escape freezing as the wood frog can, but Storey's research on how ground squirrels shut down metabolism during hibernation is already filtering into the medical field. The molecular knowledge he is discovering could better preserve organs for transplant operations.

"A world in which the survival of an organ goes from two hours to four hours and then from four hours to 24 hours is happening even as we speak. Hearts last longer than they did last year. Kidneys last longer than they did three years ago. The damage low temperature does to organs is being ameliorated all the time," Storey says.

However, Storey cautions that it can take decades for basic science discoveries to be applied.

"The work goes fairly quickly at the scientific stage and slowly but surely the medical sciences soak up the information," he says.

And despite the progress of his research, as well as the attention it has garnered, Storey is remarkably modest.

"You play with a team," he says. "There may be less elbowing under the net than there is in basketball, but it's a team sport." ■

Rob Thomas, BA/99, is a master's student in Carleton's School of Journalism and Communication.

Chill out!

By Rob Thomas

In a lab high in Carleton's Steacie building, researcher Ken Storey watches frogs freeze nearly solid, then slowly thaw to return miraculously to life. The tiny wood frogs are one of only a handful of animals capable of the extraordinary feat. Storey has spent the last 15 years examining how they do it at the molecular and genetic levels.

Storey is a professor of biochemistry and a Canada Research Chair in molecular physiology — a distinction acknowledging that he is a world leader in his field. But Storey has garnered more than academic awards and citations. His research has captured the popular imagination, and references to his work have been included in children's books

and at least one science fiction novel. As frogs and insects chill in nearby refrigerators, Storey explains why his work receives so much attention.

"We look at some really unique situations, where animals used to be at maximal velocity — they run, they sing, they dance — and then suddenly, they shut themselves off," Storey says. "They go into a state of suspended animation. They suspend biological time and live in a netherworld where they look dead. Some of the animals are frozen solid."

In the case of the wood frogs, for example, more than 50 percent of their body water might freeze. Glucose is the secret, Storey has discovered. Wood frogs control the freezing process and convert their blood into a syrupy sugar-

Sensitive software

By Erin Sweet

Monique Frize, a professor in Carleton's Department of Systems and Computer Engineering, has supervised the development of a software system that guides parents of premature babies in their decision to start, continue or stop intensive care treatment.

The artificial intelligence system is known as Parents Assisting Decision Support, or PADS. It features data on the medical condition of the baby, and responds and compares the patient's condition to similar cases of the past.

This combined neural network and case-based reasoner system will help doctors predict possible medical outcomes, such as neurological damage, and recommend treatment. However, it's not always easy, says Frize.

"The most difficult cases are ones where the outcome is uncertain."

Life altering, ethical decisions about whether to administer treatment can't be made in isolation, says Frize. Nor is it just about weighing medical advice, she suggests. That's why the family's familiarity with computers, their values and beliefs can be used to customize the system on a case by case basis.

"The system presents information in a form that respects parents' values and delivers it at a pace that they can cope with," says Frize.

All the collected data is entered into a user-friendly system designed to adapt to parents' varying computer skills, adds Frize. Parents and doctors will be able to log into a secure site via the Internet, enabling 24-hour access to updates on the baby's condition, she says.

"Parents need to be kept in the loop." For this project, Frize teamed up with

Robin Walker, a pediatrics professor at the University of Ottawa and neonatologist at the Children's Hospital of Eastern Ontario (CHEO). With the help of three engineering students, they have consulted a panel of experts, including physicians, nurses and social workers, to find an innovative way to exchange information about premature babies and their chances for survival.

The result is PADS, which will be clinically tested at CHEO and the Ottawa Hospital's general campus within the next few months.

"It's exciting to work with a multidisciplinary team and it's rewarding to know we can have an impact on the quality of care in hospitals." ■

Erin Sweet, BJ/98, MJ/00, is a writer and editor for Public Works and Government Services in Ottawa.

▶ A baby born before 37 weeks of pregnancy is considered to be premature. The software research that professor Monique Frize has guided, will help parents and doctors in their decision to start, continue or stop intensive care treatment.



Photo: Charles Ebbs Photography

Design project delivers a healthier hospital room

By Giuliano Tolusso

At some point during our lives, we've probably been in a hospital room, either as a patient or a visitor. They all look pretty much the same — bed, curtain, tray table, water jug, metal chair or two. Efficient and sterile by necessity, they can also seem cold and even intimidating. Until now.

Students and faculty members from Carleton's Schools of Industrial Design and Architecture recently participated in a unique project with their counterparts at Clemson University in South Carolina to develop a more holistic, humanistic approach to patient room design.

The collaboration began in the summer of 2002 when Thomas Garvey, associate professor in Carleton's School of Industrial Design, and Yukari Oka and David Allison of Clemson University, began discussing the idea of bringing students together to design a hospital patient room.

After much planning, the project went forward between January and March 2003, with a team of 20 students and faculty from Carleton and the architecture, health and fine arts departments at Clemson.

Garvey, BID/82, says the students faced two major challenges. The first

was to design a patient room based on the acuity adaptable/universal care model. Acuity adaptable refers to a room that allows a patient to stay there as their care is stepped down, says Garvey, while universal care refers to a room that can be converted for other patient care needs.

"Central to the concerns of industrial designers," explains Garvey, "is the experience of the person and how that experience can be optimized."

Designing the project with individuals in different fields of study was the second challenge students encountered, Garvey says. As a result of the collaboration, participants developed a sense for an industrial designer's focus on detail and product, an architect's focus on the overall environment, and the more abstract and sensory contribution of a fine arts student.

The project resulted in the Adaptable Patient Environment, a full scale mock-up of a universal in-patient care room, which garnered first place in the Health Care Environmental Awards Competition (student category) sponsored by U.S.-based *Contract Magazine*. According to Garvey, the collaborative effort was the best aspect of the project.

"It's easy to see how increased cooperation and exchange between planners, architects and industrial designers can contribute significantly to better health care environments. No individual discipline could have accomplished it alone." ■

Giuliano Tolusso, BJ/83, is a senior policy analyst with Agriculture and Agri-food Canada in Ottawa.



◀ The Adaptable Patient Environment project features fold-out furniture for family members of the patient, user-friendly lighting controls and bed tables with computers.



Photo: Scott

◀ Renée Robert has participated in numerous triathlons, a half-ironman competition and has run a sub-four hour marathon.

Women in the weight room

By Cindy Robinson

Renée Robert, BAHons/77, is a whirlwind of activity and energy. The mother of four children, ages 10 to 19, Robert leads an active lifestyle that includes swimming, running, Pilates classes, and regular visits to the university's fitness centre to lift free weights.

And while it's common to see women in the gym today, exercise and weight lifting wasn't as popular among women when Robert first began her love affair with physical fitness at Carleton.

"When I started going to the weight room in 1976, there were no other women. It was really rare to spot another woman in the gym."

Fast forward 29 years and it's evident that the gender balance in

the weight room has shifted. Lesley Bowlby, the fitness coordinator at Carleton's athletics department, says a greater awareness about weight lifting as a form of preventative health care is empowering women to incorporate weights into their fitness routines.

"Research shows that women have to work out with heavy weights, using resistance and repetition, to make strength gains. And one of the big reasons why women are working out with weights more is because they are more prone to developing osteoporosis."

In fact, research indicates that one in four women will suffer from osteoporosis, a progressive disease that causes bones to become thin and prone to fractures or breaks. As a result, Bowlby says it's particularly important for

women to challenge and stress the bones to make them stronger.

An active lifestyle can have other significant health benefits, adds Bowlby. The risk of developing high blood pressure and cholesterol levels, breast cancer, and coronary disease may be greatly reduced when women incorporate weights and cardiovascular activity into their lives. Robert says that her choices have also had a positive influence on her children.

"Working out gives you a strong sense of yourself. I feel it's been really good modeling for my children and for my girls. It's shown them that it's important to take time for yourself and not to get swamped by life."

A self-professed tomboy, Robert says she was never intimidated by the gender imbalance when she started working out in the weight room, but understands that some women may have been hesitant to enter the traditionally male dominated domain.

To help women become more comfortable in today's weight room, Bowlby says Carleton's athletics department offers introductory weight lifting clinics, women-only clinics, and personal training sessions that introduce participants to proper lifting forms and techniques.

And while it may be initially difficult for an individual to modify their lifestyle and begin an exercise routine, Robert says a positive attitude and realistic expectations can provide that psychological push to keep going.

"It's important to focus on the things that you are doing and that you did get done. If you're out there and you're participating, that's what counts." ■

Carleton names new president

David W. Atkinson has been appointed as the ninth president and vice-chancellor of Carleton University and will take office on August 1, 2005, for a six-year term. He will replace Richard Van Loon, BSc/61, MA/65, who has served as Carleton's president since 1996.

Atkinson, who has been the president and vice-chancellor of Brock University in St. Catharines, Ontario, since 1997, says he was attracted to the position at Carleton for various reasons.

"I am pleased to continue the momentum already initiated by Dr. Van Loon to create the most supportive environment possible for student success in and out of the classroom. I am equally excited by the opportunity to join a research-intensive university that is already recognized nationally and internationally."

Van Loon says Atkinson's work at Brock and other Ontario universities is a good fit for Carleton's academic mission and strategic intentions.

"He has the ideal combination of academic qualifications, administrative experience, and personality to lead Carleton in its next stage of evolution. His fine academic record suits him perfectly to lead Carleton's faculty in reaching new research heights while his great success in making Brock a leader in student achievement and satisfaction bodes well for all of our students."

Atkinson holds a doctoral degree in English from the University of Calgary. He was a faculty member at the University of Lethbridge from 1976 to 1991, where he took on increasingly senior administrative positions. Widely published, Atkinson has written four books and over 80 essays and reviews in areas as diverse as Renaissance and Reformation literature, comparative cultural thought, world religions, and critical hermeneutics.

Atkinson replaces Richard Van Loon who, during his presidency, has led



David W. Atkinson

Carleton through a period of significant change, including a new strategic direction and academic mission for the university. He initiated measures to enhance the university's research activities and profile, and to improve significantly the quality of the student experience. Under his leadership, the university launched the largest building program in its history.

Read the full news release at carleton.ca/duc/News.

Mexican president makes a stately visit

By Scott Foster

Mexican President Vicente Fox swooped onto Carleton's campus surrounded by an impressive entourage of political aides, journalists and police.

At first glance, the October visit had all the makings of a formal diplomatic event. But as the Mexican president interacted with his audience of students, faculty members and friends of the university, it became immediately clear that this visit was anything but formal.

The formalities that usually accompany an official state visit were toned down, the atmosphere less frenzied and the honourable guest more accessible to his audience than initially anticipated by Gail Larose, BAHons/69, MA/70, a member of Carleton's Board of Governors and past president of the Carleton University Alumni Association.

"The thing that really impressed me was his relaxed nature. It was exactly appropriate for a university setting," she said after listening to Fox's address entitled *The Mexican Vision on North America: Working Together for a Common Future*.

The event, which took place at Carleton's Azrieli Theatre, was hosted by the Faculty of Public Affairs and Management and attended by about 250 people.

"I just loved the way the Mexican students at Carleton appreciated it," continued Larose.

This appreciation was illustrated in the way several students asked Fox in-depth questions with topics ranging from health care, to trade, to employment.

Fox left a few key messages behind, one of them being that he supports more integration between members of the North American Free Trade Agreement, or NAFTA.

"It's time Canada, the United States and Mexico start asking: 'What's next after NAFTA?'" said the president. "We must go further to integrating ourselves."

If the three NAFTA nations are to compete against such rising industrial powers as China, they must start thinking as one, by combining industries such as the auto sector and high technology research and development, Fox added.

"Canada, the United States and Mexico are losing jobs to China and losing market share and trade. So we must react to this. We must unite our industries," said Fox.

Larose thought the event was "a really good opportunity for the university, one that we should offer more often to visiting heads of state and dignitaries of all kinds."



The President of Mexico, Vicente Fox, flashed the peace sign amid hearty cheers from a raft of students when he visited Carleton last November.

Photo: Mike Pinder

Michael Ondaatje discusses the art of editing

By Susan Johnston

An editor's work shapes film and literature in a way that could be described as choreography, or even architecture. Michael Ondaatje shared this message with a capacity crowd of more than 550 people from the Carleton community when he delivered the third annual Sun Life Financial lecture last November.

Hosted by Chris Faulkner, director of Carleton's Institute for Comparative Studies in Literature, Art and Culture, the evening's program was based on Ondaatje's 2002 work *The Conversations*, a dialogue with legendary film editor Walter Murch.

Using clips from the film adaptation of Ondaatje's novel *The English Patient*, which was edited by Murch, Ondaatje

and Faulkner discussed the editor's role in directing the flow of a scene and the use of tools, such as sound, to bring the unexpected into view.

"Both film and Michael's writing free up time and cross space, their magical erosion of all temporal and spatial distances, and especially the way they can close those dis-

Michael Ondaatje, best known for novels such as *Anil's Ghost* and *The English Patient*, filled Carleton's Bell Theatre for an evening of readings, a conversation, film clips from *The English Patient*, and an enthusiastic question and answer session at the annual Sun Life Financial Public Lecture last November.

tances that are felt, across history, in private lives, and between cultures or nations," said Faulkner likening Ondaatje's work to that of film.

Ondaatje, who was asked about his satisfaction with the film version of *The English Patient*, reminded the audience that films should be considered a translation of a given work, and not simply an illustration.

The Sun Life Financial Public Lecture is part of Sun Life's five-year commitment to bring leading thinkers and lecturers to Carleton.

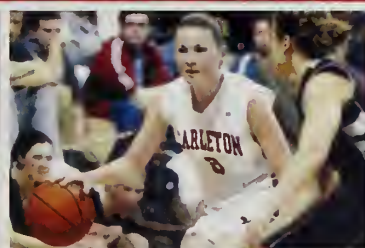
Susan Johnston, MA/00, is a senior policy advisor with Industry Canada, and co-host of the Friday Special Blend at CKCU, Carleton's radio station.

Photo: Gila Spierer



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Donate your Carleton University memorabilia to the Alumni Hall!
Contact archivist Patti Harper at patti_harper@carleton.ca for more information.

Carleton fares well in annual Maclean's rankings

In an exercise that is often fraught with controversy, *Maclean's* magazine released its 2004 ranking of Canadian universities last fall.

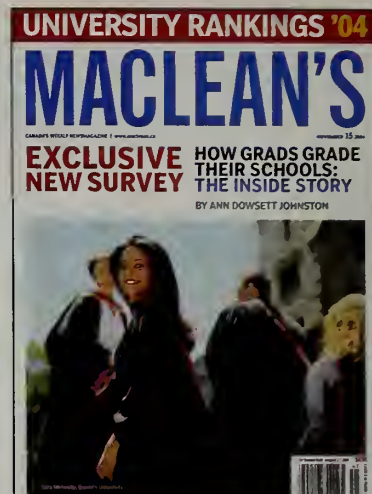
In its annual survey of Canadian comprehensive universities — a category consisting of post-secondary institutions that have a significant amount of research activity and a wide range of programs at the undergraduate and graduate levels — *Maclean's* ranks Carleton in ninth position, up one spot from last year. But according to Alan Harrison, Carleton's vice-president (academic) and provost, readers need to look at more than just the overall ranking.

"It's important to make the distinction between the overall ranking, which receives the most publicity,

and the ranking of Carleton within different categories," says Harrison.

In quite a number of the sub-categories that comprise the overall ranking, Carleton fares very well, says Harrison. For example, Carleton ranks fifth out of the 11 comprehensive universities for the proportion of students who have a high school average above 75 percent; third for the proportion of its students who win national academic awards; and fourth for the percentage of the budget dedicated to student services. Carleton also maintained its first place ranking among comprehensive universities for scholarships and bursaries.

"What I tell people is, 'look at the categories that matter to you, and then form your own conclusions,'" adds Harrison.



Though the *Maclean's* rankings may be contentious, Harrison says the annual review of universities does provide a positive assessment of post-secondary education in Canada.

"On the whole, Canadian universities are doing a fine job. That's as true of other institutions as it is of Carleton. The rankings contain valuable information but they must be read critically."

Call for nominations

Honorary Degrees

The Senate Honorary Degrees Committee is inviting nominations from members of the Carleton community for the awarding of honorary degrees at the 2005 and subsequent convocations.

In preparing its recommendations to Senate, the Committee will consider merit based on the following criteria:

- (i) a distinguished contribution to the Ottawa community, Canada or the world in the arts and sciences, the professions, the private sector, public service or humanitarian endeavours, or
- (ii) a notable association with, and/or service to, Carleton University.

For more information, visit: carleton.ca/senate/hondeg.html

Nominations should be forwarded to:

The Clerk of Senate
Honorary Degrees Committee
Room 607, Robertson Hall
Carleton University
111 Colonel By Drive
Ottawa, Ontario K1S 5B6



Raymond Moriyama, centre, celebrates his honorary degree with daughter Murina, left, son Ajon, wife Sachi, son Mark, and daughter Midori.

A family affair

It was a family affair for renowned Canadian architect Raymond Moriyama when he received an honorary degree at Carleton's 125th convocation ceremonies on November 14, 2004.

The creative force behind projects such as Ottawa City Hall and the new Canadian War Museum, Moriyama celebrated his honorary doctor of architecture degree with numerous family members, including son Ajon Moriyama, BArch/89.

"It is a great honour to receive a doctor of architecture, honoris causa, from Carleton University, where our two sons, Ajon and Jason, our daughter in law, Leslie, and many members

of our office received their degrees," says Moriyama.

Honorary doctorates were also bestowed on Beverley McLachlin, the first woman to be named chief justice of the Supreme Court of Canada, and Carl L. Monismith, a well-known civil engineering researcher who specializes in the field of pavement technology.

In all, the Carleton University Alumni Association welcomed 1,100 new members to its swelling ranks.

For more news about convocation, visit the November issue of *Carleton NOW* at now.carleton.ca.

Learning hot spot)))

By Scott Foster



Carleton students may soon benefit from a wireless laptop initiative that promises to boost learning and productivity levels.

The university's learning commons task force is considering a lending program that would enable students to sign out a wireless laptop at the MacOdrum Library, much like they would borrow a book.

If the idea becomes a reality, laptop borrowers will be able to access online journals and other research materials from certain hot spots in the library. The plan is a central part of a wider learning commons initiative that seeks to give students more open spaces in which to congregate.

"Ultimately, it would be great to have the space entirely wireless with full laptop loans — a space where students can pick up a laptop and bring it anywhere they want within the learning commons," says Phil

Warsaba, BAHons/99, MA/04, an ex-officio member of the learning commons task force.

The library will facilitate this possibility as it prepares for a wireless upgrade over the next couple of years, says university librarian Martin Foss, adding the upgrade would eventually make the entire building wireless-ready. Currently, only the main floor and parts of the third floor have wireless capability.

"There are always going to be a number of students who don't have laptops," says Foss. "Wireless is certainly in our future, and I think we're going to do what we can to encourage this approach."

A laptop-lending program has already been tested by the University of Guelph. Mike Ridley, Guelph's chief librarian, spoke about his school's experience when he visited Carleton in November. He says

Guelph has already purchased 100 laptops, which students sign out for two-hour intervals for use anywhere throughout the building thanks to some 24 strategically placed wireless antennas.

Ridley claims the program, along with the broader learning commons concept, boosts productivity and learning because students can congregate more easily.

Warsaba says the task force is also considering future plans that could include the development of a wireless campus, which mirrors the goals of other Canadian institutions such as the University of British Columbia and the University of Guelph.

"We have thought beyond the library," says Warsaba. "The idea is to start with a central hub within the library, but we'd like to extend the notion of the learning commons throughout campus."

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Wallin wows alumni crowd

By Scott Foster

It was a lunch date that Amanda Cloutier will never forget.

In October, the Carleton graduate found herself chatting to Pamela Wallin, Canadian Consul General to New York, as they sipped wine and lunched on a full-course meal at Ottawa's ritzy Rideau Club.

Cloutier, an analyst with the federal Department of Justice, was the lucky

graduate who won the Carleton University Alumni Association's contest to have lunch with Wallin.

"I was always interested in how Pamela Wallin's career has transformed in different directions, and how her transferable skills have gone from being a journalist to a diplomat," says Cloutier, adding the event has motivated her to become more involved in the alumni association's Ottawa branch.

The event attracted close to 150 attendees, and included a one-on-one conversation between Carleton journalism professor Andrew Cohen, BJ/79, MA/83, and Wallin, one of Canada's best-loved broadcast journalists.

During the discussion on Canada-U.S. relations, Wallin, who has served as Canada's Consul General to New York City since she was

appointed to the role in 2002 by then-Prime Minister Jean Chrétien, says Canada's relationship with the United States has its own unique, pressing challenges.

"I am very concerned about the anti-Americanism that I feel and sense in this country, that I read and see in the headlines, and that I hear about from time to time," she says. "It troubles me."

Wallin says Canadians need to work hard at understanding how important national security is to Americans, especially as our southern neighbours begin to accept "the new normal" that has settled in after the terrorist attacks on New York and Washington on September 11, 2001.

"If we don't understand how important the question of security is to Americans, then we will never understand what's going to happen at our border if there ever is another incident, God forbid," she says.

"And anybody who is traveling across the border knows how difficult it is. You have to understand what makes that other person tick. And if they've been scarred, and we don't get that, then we can't have a relationship."



Pamela Wallin and Andrew Cohen

Back to school in unlikely places

By Ryan Davies

A café at the top of the CN Tower, the lobby of a newspaper building in the prairies, and an historic west coast mansion all turned into Carleton classrooms for an evening this fall. The alumni association invited some of the university's most dynamic researchers to take part in the Focus on Carleton University Speakers (FOCUS) tour — a new series of speaking engagements.

More than 400 alumni came out for lectures in seven different cities, from Toronto to Victoria to sunny Palo Alto, California. The attendance is more evidence, says Gerard Buss, BA/73, president of the Carleton University Alumni Association (CUAA), that many graduates never forget their attachment to Carleton.

"Even years later, graduates love to hear about the fascinating research going on at Carleton," says Buss. "The FOCUS tour is a great way to keep alumni in touch with the ground-breaking ideas originating on campus."

Guest speaker Linda Duxbury from the Sprott School of Business spoke in Toronto about the challenges of work/life balance. David Sinclair, director of the Sudbury Neutrino Observatory, gave two fascinating presentations on the origins of matter. Richard Nimijean of the Canadian Studies department spoke in Edmonton about the federal sponsorship scandal. And George Carmody from the Department of Biology wowed the crowds

in Vancouver and Victoria with his insights into the fascinating world of forensic research.

Wanda Slomiany, BA/88, came out to hear Chris Dornan, director of the School of Journalism and Communication, speak in the *Winnipeg Free Press* building on October 26. "The event was excellent, the tour of the *Free Press* building was fascinating, the food was excellent, and professor Dornan's talk was very provocative and entertaining," she says. "It was nice to see such a good turnout, too."

The CUAA is planning more FOCUS events in the spring in eastern Canada, including visits to alumni branches in Montreal and Halifax.

Visit page 26 to see photos from the fall FOCUS tour.

Photo: Tsuyoshi Toya



◀ Karim Rashid, BID/82, his wife Megan Lang, and Thomas Garvey, BID/82, at the 2004 A.D. Dunton Alumni Award of Distinction ceremony in New York.

Distinguished designer honoured in NYC

By Alex Wooley

Karim Rashid, BID/82, renowned avant-garde designer of everything from fine stemware to manhole covers, was awarded Carleton's prestigious 2004 A.D. Dunton Alumni Award of Distinction on November 10, 2004, in New York City.

Calling Carleton's diversity its greatest among many strengths, the six-foot-four, Cairo-born Rashid was frank and funny in accepting his award, and confessed that he took an array of courses at Carleton.

"I failed a journalism class and an Italian class, despite the fact that I am now a good writer and I speak Italian well."

Thomas Garvey, BID/82, a former classmate of Rashid's and a professor in Carleton's School of Industrial Design, nominated Rashid and lauded his success in the world of industrial design.

"Designers change the world, and you, Karim, have changed the world," he told the more than 70 alumni and guests in attendance. Garvey also revealed that Rashid cut an unusual

figure in Ottawa in the early 1980s, riding around town on his Vespa scooter.

During his acceptance speech, Rashid suggested that the university consider building a Humour Hall, noting that New Yorkers distinguish Canadians from other people primarily because they are funnier.

The event, held in the Canadian Room of the swanky Penn Club, marked the official launch of the alumni association's New York branch. The room was fittingly decorated with paintings of Canadian wilderness scenes. Guest speaker Pamela Wallin, Canadian Consul General to New York, capped off the patriotic theme.

Branch president and event host Paul Schellenberg, BA/91, enthused that "the evening was a great launch event and celebration of a fellow grad who successfully changes the world. Karim is a true inspiration to follow your passions and reach for the top."

Schellenberg also arranged for all guests to leave with a complimentary

gift bag valued at \$350 full of Rashid-designed items donated by companies in six countries Rashid has worked for, such as Davidoff, Nambé, Mikasa and Shiseido.

The A.D. Dunton Alumni Award of Distinction is Carleton's highest alumni honour. Named for Carleton's fourth president, it recognizes a graduate's outstanding contributions in any field of endeavour. Past winners include John Manley, BA/71, former Deputy Prime Minister of Canada, and Trina McQueen, BJ/64, former executive vice-president of CTV.

Alex Wooley, BA/89, is based in Washington, D.C.

Thank you for contributing to the A.D. Dunton Alumni Award of Distinction "Congrats Karim" gift bag: Chronicle Books, Bombay Sapphire, For The Dogs, Lancaster Group, Leed's, Marinha Grande MGlass, Method Home, Mikasa, Nooch, Paper Magazine, Shiseido, Umbra, Nambé.

2

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awards

Nominations sought

Founder's Award

Given annually, when merited, to recognize and pay tribute to an individual who has made a significant contribution to the values of the university. *Deadline March 31, 2005*

A.D. Dunton Alumni Award of Distinction

Given annually, when merited, to a graduate in recognition of outstanding achievement or contribution in any field of endeavour. *Deadline June 30, 2005*

Submit nominations online at magazine.carleton.ca.
For more information, call toll free at 1-866-CU-PROUD (287-7683)

Historic medal haul

Advancement team wins eight prestigious awards

Gifts of gold, silver and bronze arrived just in time for the holidays for Carleton University's advancement team. The Council for the Advancement and Support of Education (CASE) awarded Carleton eight Accolades Awards for outstanding programming, fundraising, communications and marketing initiatives.

The Perks of Membership affinity marketing program and What's Brewing e-newsletters both won gold leadership awards for alumni relations.

"All the judges were very impressed with the creativity of the Perks of Membership program," says Cathy Sweet-Windham, executive director of institutional advancement at Galaudet University in Washington, D.C. "We especially liked the design and the integrated marketing component. We felt the What's Brewing alumni e-bulletin was creative and also very successful."

The university's first-ever graduating gift campaign called Class

Acts won a silver medal for leadership in educational fundraising while Ringing Endorsement, an international alumni outreach program, was a dual winner receiving both a silver and bronze award.

"I'm thrilled that Carleton University's advancement team is being recognized as a leader in so many strategic areas," says Serge Arpin, assistant vice-president (development and alumni). "Each of these awards will promote stronger ties with our alumni, enhance the university's reputation, and motivate the public to take note of this great university."

The Department of University Communications earned silver and bronze accolades for two innovative programs. A silver medal was awarded for a targeted three-month fact-based advertising campaign that was launched in the nation's capital in spring 2004 to promote a selection of the university's numerous accomplishments. A bronze medal was awarded for the Hometown-



Photo: Tony Fohuse Photography

The Carleton Café Web site recently won a gold Accolades Award.

ers project, a media initiative which showcases the success of graduating students to their hometown schools and local community papers.

CASE recognizes excellence in advancement among more than 3,000 colleges, universities and independent schools in the United States, Canada, Mexico and 42 other countries. Member institutions in the district in which Carleton competes include the University of Toronto, the University of Ottawa, Queen's, York, Princeton, Carnegie Mellon and Columbia.

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2005 alumni winter events calendar

February

Law Chapter

February 7
2017 Dunton Tower

Ottawa Branch

Grand Opening
Alumni Hall and Sports Centre
February 8
Carleton University

March

Journalism Chapter

Annual Kesterton Lecture
March 9
Place TBD

Ottawa Branch

Carleton Day at the Ottawa 67's
March 13
Civic Centre

2005 CIS Men's Basketball Championships

March 17 – 20
Halifax Metro Centre

April

Ottawa Branch

Leadership Luncheon
April
Place TBD

Montreal Branch

FOCUS Tour
April
Place TBD

Washington Branch

All-Canadian Universities Dinner
April 9
Place TBD

May

Halifax Branch

FOCUS Tour: George Carmody
Place TBD

Commerce Class of '65

40th Anniversary Reunion
May 28
Glen House Resort
Ganonoque, ON



Alumni volunteer award

Gerard Buss, BA/73, has been honoured with the 2004 Alumni Volunteer of the Year Award in recognition of his dedication to Carleton. Buss is serving his second term as president of the Carleton University Alumni Association.

Carleton's president Richard Van Loon presented the award to Buss at a special luncheon during the alumni association's annual general meeting on October 16, 2004.

Buss has been instrumental in making a difference for current and future Carleton students, helping implement alumni programs such as the precedent-setting \$2.5-million alumni pledge towards the Alumni Hall and Sports Centre, as well as the Alumni Giveback program for scholarships and bursaries, which has raised in excess of \$30,000 for students.

Visit carleton.ca/events for more information on upcoming alumni events.

March 13

Team up with your alumni association and watch the Ottawa 67s take on the Mississauga Ice Dogs on **March 13, 2005**.

- ▶ Carleton alumni, faculty and staff can get a family 4-pack for the low price of only \$37!
- ▶ Join us for an exclusive pre-game party at 1 p.m. in the Civic Centre before the puck drops at 2 p.m.
- ▶ Order your tickets on the Express Counter today at carleton.ca/alumni
- ▶ Enter and win! Buy your tickets by March 10 and you could score a fabulous prize package!



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Alumni events 2004



Celebrating alumni pride

Alumni came out to celebrate their school spirit at a number of exciting events held last fall! Clockwise from top: Reminiscing about Carleton College at the Class of '54 reunion; alumni reconnect at the FOCUS tour in Winnipeg; Kyle Hoople is the lucky winner of Grey Cup tickets at Carleton Day at the Ottawa Renegades; Professor George Carmody gives a compelling talk on forensic science in Vancouver; Professor Linda Duxbury addresses a capacity crowd on work/life balance issues in Toronto; graduates reunite over cocktails in New York City. Visit carleton.ca/events to find out about the events your alumni association is planning today!

Photo: Gila Spierer

Photo: Lindsay Winter

Photo: D'Arcy Glionna

Photo: Vanessa Vanzelleghem

Scholarship honours medical physics founder

To celebrate the 15th anniversary of the Ottawa Medical Physics Institute at Carleton University, the friends and colleagues of the institute's founder, Robert L. Clarke, have established the first-ever graduate scholarship in physics at the university.



Robert L. Clarke

Named the Robert L. Clarke Graduate Scholarship in Medical Physics, the award honours Clarke's role in founding Carleton's medical physics gradu-

ate program and his history of championing student causes, says Pat Kalyniak, chair of the Physics Department.

"The scholarship celebrates Bob's outstanding achievements and encourages the community to invest in tomorrow's leaders in the important field of medical physics," adds Kalyniak.

The award will provide an annual scholarship valued at \$10,000 to a full-time, graduate student specializing in medical physics. Approximately \$62,000 has been raised for the scholarship thus far.

"This scholarship will greatly help in attracting the very best graduate students into our program. These students are a vital part of the creative efforts that keep us at the leading edge of medical physics," says Clarke, an authority on the use of high intensity ultrasound in the treatment of cancer.

Clarke has been actively involved in the university for a number of years. He was the chair of the Department of Physics from 1971 – 1977, and has been a member of Carleton's Senate and Board of Governors. He now holds the title of professor emeritus and continues his research at Carleton and the Royal Marsden Hospital in the United Kingdom.

Established in 1988, the Ottawa Medical Physics Institute is a dynamic research unit at Carleton that applies physics to problems involving human health. Important developments in this field hold promise for improvements in the diagnosis and understanding of disease, and in the application of high technology to patient care.

To make a donation to the scholarship, contact Jana Rand, director of fundraising, at jana_rand@carleton.ca or (613) 520-2600 ext. 2488.

For more information, visit carleton.ca/science/clarke.



From left: Diana Mills, Andrew Christie and Erin McLaughlin

Leading by example

Three Carleton students from different academic backgrounds have found a common interest as leaders of a philanthropic initiative that will benefit future undergraduates. Erin McLaughlin, Diana Mills and Andrew Christie are chairing the 2005 Class Acts campaign, the university's award-winning graduating gift program.

"I want to see my peers continue to associate with the university, and this is an easy opportunity for students to make their first contribution to the Carleton community," says Christie, who also volunteers his time as the president of the Carleton University Debating Society.

Backed by a group of student volunteers, Christie, McLaughlin and Mills are asking each graduating student to donate \$20.05 towards the campaign goal of \$5,000, which will be used to support scholarships and bursaries at Carleton.

"There is a sense of ownership that this campaign presents," says Mills. "It's students giving to students, which should encourage more involvement and a greater interest in philanthropy."

McLaughlin says a strategic marketing campaign, including posters, emails, a dedicated Web site, peer to peer solicitation, a direct mail piece and a phone program, has been rolled out to reach every graduating student.

"Using different mediums to get our message across will help build awareness about the campaign."

Visit carleton.ca/giving to learn more about Class Acts and the success of the current campaign.



"We have developed a unique music program at Carleton, one that I'd like to see flourish and expand into the future. I hope my contribution goes far in achieving this goal."

~Music Professor Elaine Keillor

One person can do so much

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rowena_griffiths@carleton.ca
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Coach's corner

By Cindy Robinson

Commitment, discipline and energy. These are a few of the qualities head coach Sandy Mackie looks for from the 22 players who comprise the Ravens men's soccer team. This past season, the team didn't fail their coach, notching an impressive eight wins and only two losses to claim the title of Ontario University Athletic East/West champions.

"We picked up a lot of good quality footballers in the pre-season," says Mackie, pointing to the maturity and experience of newcomers Julien Pagnon, Timothy Khaemba, and Andrew Park. "The chemistry seemed to be better this year and we knew we had the makings of a good competitive team."

A forward, Khaemba led the team with eight goals, followed closely by Park, a midfielder, who scored seven goals during the season. Pagnon played eight games as keeper, earning six wins — one of which was a shutout.

Though the team will be losing its leader when veteran sweeper Drew Dailey graduates in the spring,

Mackie is confident about the Ravens chances next season.

"I can't see us not competing to win the league next year," he says.

Also looking to make a big splash next season is the women's varsity team. Equipped with some new players who boast tremendous skills, coach Andy Nera is optimistic about the women's future.

"We've improved every season, and we were competing for first place right up to the end of the 2004 season," he says, noting that the players have had time to settle into their roles.

In comparison to 2003 when the women's team ended the regular season with only four wins, the 2004 squad registered an impressive six wins. Nera says the quality soccer action the fans are seeing on the field is a result of one of the best recruiting seasons he has enjoyed.

"Players are approaching Carleton to come play here because they see the team developing. Success breeds success, and we'll be prepared to compete next year."



Along with three of his teammates, Drew Dailey was selected for the 2004 OUA East/West all-star first team as a result of his leadership and excellent play on the pitch.



A product of the Guatemalan national team, Diana Burmester is only the fifth female player in Ravens history to be named to the Canadian Interuniversity Sport All-Canadian second team.

Photos: Freestyle Photography

Ravens players being traded



Fans of the Ravens men's basketball team were surprised to hear trade rumours circulating about some of the team's star players early in the season.

Luckily for the Carleton community, the rumours turned out to be about trading cards, not players.

Twelve colourful trading cards

featuring player bios, game statistics and information on the team's two national championship wins, are being distributed to fans at games and autograph sessions, and to participants of high school and elementary school basketball clinics hosted by the Ravens.

Sponsored by the *Ottawa Citizen*, 1,000 packs of cards have been printed. Due to the positive response, plans are in the works to produce a set of 40 cards featuring men's and women's varsity basketball and soccer next season.

Ravens score with national bid

The Carleton Ravens have scored a major victory by netting the host duties for the 2008 Canadian Inter-university Sport (CIS) men's soccer national championships.

Forty soccer teams from universities across Canada will compete throughout the 2008 regular season to earn one of six coveted spots at the nationals. The Ravens, who have struck silver twice at the championship tournament but have never won gold, will be ready to compete for Canada's ultimate university soccer prize, according to head coach Sandy Mackie.

"I think it's a positive thing for Ravens soccer at Carleton. By that time, we should have some veteran players ready for the challenge."

The university also tendered a solid bid to host the men's basketball championships in 2006 and 2007 but lost out to Atlantic University Sport in Halifax, where the tournament has been played since 1984.

"The bids were all outstanding which made the selection of hosts extremely difficult," says CIS chief executive officer Marg McGregor, BA/78.

Drew Love, director of athletics, says Carleton offered numerous unique benefits to help distinguish its bid from others vying to host one of Canada's major university sporting competitions.

"We have excellent facilities, a bilingual city, excellent air and ground

transportation, and we also minimize the time zone impact on travel for all participating teams," he says.

Halifax will have hosted the championships for 24 consecutive years when the tournament concludes in March 2007.



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1960s

Ken Larose, BAHons/66, has been elected president of the Canadian Translators and Interpreters Council. He resides in Ottawa with his wife **Gail Larose, BAHons/69, MA/70**.

William Banboye, BAHons/68, is the chairman of the Nso' Language Organization, and has published 19 books in the Nso' language. He resides in Kumbo, Cameroon.



Jim Carlisle, BA/68, has been elected chairman of the World Search Group, an international consortium of independent executive search firms. Jim's wife, **Lynne Allen Carlisle, BJ/69**, retired after teaching for 13 years at Humber College in Toronto. The couple resides in Oakville, ON.

1970s

William Sheffield, BScHons/70, was recently appointed to the board of directors of Ontario Power Generation.

Celia Toppin, BAHons/70, currently works as director of cultural policy and research in the Office of the Prime Minister in Barbados.

Joanne Eileen Barber, BA/71, has published a book entitled *One Up On Your Competition*. Joanne works for Human

Resources Development Canada and resides in Nepean, ON.

Paul Frazer, MA/71, a former Canadian diplomat, moved to the Washington, D.C. government relations firm The Livingston Group, where he works on behalf of Canadian clients.

Jim Judd, BAHons/71, MA/72, is the new director of the Canadian Security Intelligence Service. Jim replaces **Ward Elcock, BAHons/70**, in the role.

John Manley, BA/71, has been appointed to the board of directors of Nortel Networks. John resides in Ottawa with his wife **Judith Manley, BAHons/72**.

Leslie Russell, PhD/71, has been elected as president of the Association of Professional Engineers of Nova Scotia. Leslie resides in Halifax, NS.

Wayne Clarkson, BA/72, has been named the new head of Telefilm Canada.

Richard Fee, BAHons/72, was elected moderator of the Presbyterian Church in Canada in June 2004. Rick resides in Toronto and has been serving for 12 years as director of Presbyterian World Service and Development.

Louise Charron, BA/73, has been appointed to the Supreme Court of Canada, the country's highest court.

Glen Armstrong, BScHons/74, MSc/76, has been named head of the department of microbiology and infectious diseases at the University of Calgary. His wife, **Diane Armstrong (Fothergill), BScHons/74**, is a writer, Webmaster and president of Vashti Communications.

Jeff Franzen, MSc/74, has been appointed to the board of directors of TLC Ventures Corp. in Vancouver, B.C., where he resides.

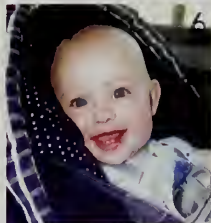
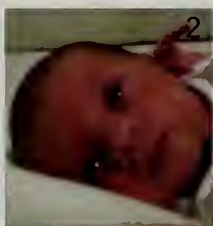
Ann Deveau, BJ/76, is the new director of policy and planning for the New Brunswick Department of Finance in Fredericton, NB.

Robb Lucy, BJ/76, has launched a new business selling skill-based dvds, which can be found online at dvdskills.com. Robb lives in Delta, B.C.

Norman Pinkas, BA/78, owns and operates Cytek Training Centre, a management and leadership development training centre, in Montreal with his wife.

Fred Stoddard, BScHons/78, has been promoted to professor at the University of Wolverhampton in the United Kingdom.

Diane Reid, BSc/79, BCS/90, recently moved to St. John, NB, to work as a technical writer.



Carleton University Magazine welcomes its future alumni!

Tarynn Alyssa Jeror⁸
June 17, 2004

Evan William Laurence
May 2004

Hailey Kingma³
November 9, 2004

Alexander Lefebvre²
July 7, 2004

Samuel Nicolas Hugh Cook
December 25, 2000

Benjamin Martin Lyon Cook
August 7, 2003

William Robert John Howard
August 22, 2004

Lindsay Sofia Moffatt
August 25, 2004

Wyatt Everett Harrison Pakeman⁹
August 9, 2004

Isaac William Morrell
August 1, 2004

Ashlyn Hall
Jack Desroches

Paige Angharad Megan
Saravanamuttoo⁶
January 13, 2004

Marika Helena Kors⁵
August 20, 2003

Sébastien Laurence Wakeling⁷
July 29, 2004

Abygail Joyce Lafond¹
August 19, 2004

Jon Morrison Lindell⁴
December 29, 2004

Running to cure breast cancer

By Scott Foster

Rudy Rusdiah, BEng/79, was appointed the chairman of the Indonesian Association of Community Internet Center. He resides in Jakarta, Indonesia.



1980s



Ann Dale, BA/80, MA/94, is a professor at Royal Roads University in Victoria, B.C. She was recently awarded a Trudeau Fellow and is a Canada Research Chair in sustainable community development.

Steve Fairbairn, BA/81, was elected president of the Fernie District Teachers' Association in June 2004. He'd love to hear from his old classmates at gn400xt@hotmail.com.

Wyn Bielaska, BArch/82, has accepted a job as a senior architect specializing in mixed-use projects with Callison Architecture. Wyn is based in Seattle, Washington.



Diane Gilchrist, BMus/82, was in Singapore and Malaysia last summer singing the title role in the opera *The Merry Widow*. Diane resides in the United Kingdom.

Sheryl Moran, MA/82, was recently appointed to the position of special advisor to the commissioner with the Canada Revenue Agency in Ottawa, where she resides.

Peter Connolly, BEng/83, has been named vice-president, business development, for Fidus Systems in Ottawa where he has worked since 2002.

Laura Macaulay, BA/85, BAHons/87, sells real estate with Re/Max Realtors in Ottawa, where she resides.

Mike Behan, BJ/86, won an award for best editorial on a national issue for newspapers with a circulation of 9,999 or less from the Canadian Community Newspapers Association. He lives in Fort Frances, ON, with his family and can be reached at mbehan@fortfrances.com.



Bruce Pearce, BJ/86, works to develop affordable housing in St. John's, Nfld, and is vice-chair of the Green Communities Association.

Cheryl Kardish-Levitan, BA/75, still recalls the countless hours she spent as a Carleton student running around a tiny track that once circled the university's weight room.

She was 21 years old the first time she set foot on the track and started training for Ottawa's National Capital Marathon.

"I was like a rat in a maze," she says of the many laps she ran.

Her third-place finish in the 1976 Ottawa marathon marked the start of an incredible journey that would see her run 20 full marathons, 30 half-marathons, overcome breast cancer and become the city's top fundraiser for the Canadian Breast Cancer Foundation CIBC Run for the Cure.

To date, the 50 year-old associate broker with Ventron Realty Corp. has raised close to \$50,000 to help fight a disease that affects thousands of Canadian women each year. And in 2004, Kardish-Levitan marked her fourth consecutive year as Ottawa's top fundraiser — soliciting a personal best of \$15,500 in pledges from roughly 170 donors.

"I do it because I've been close to people who have passed away from breast cancer," she says. "I want to be able to make a difference, so I challenge myself to do the best I can. I feel grateful for every day."

While the annual race's five-kilometre route isn't a physical challenge, Kardish-Levitan says the CIBC Run for the Cure is an emotional experience

tion, a national umbrella of 40 community-based environmental groups.

Gregory Henriquez, BArch/87, was awarded a 2004 Governor General's Medal in Architecture. Gregory is the vice-president of an architecture firm in Vancouver, where he resides.

William Laurence, BAHons/87, and his wife are pleased to announce the birth of Evan William in May 2004. They reside in Halifax, where Bill is the legal research counsel to the Law Reform Commission of Nova Scotia.

1990s

Donna Lindell (Morrison), BJ/90, and her husband Andrew are pleased to



Photo: Chris Mikula, the Ottawa Citizen

Cheryl Kardish-Levitan, BA/75, has raised nearly \$50,000 in the fight against breast cancer.

for her and the 10,000 other participants. All runners have been touched in some way by breast cancer.

In Kardish-Levitan's case, she was diagnosed with the disease in 2000. Before that shocking moment, she hadn't even thought about breast cancer. After having a tumour removed, she underwent six weeks of radiation therapy only to have a second benign tumour show up just before participating in her first Run for the Cure.

Nonetheless, she remained undeterred by the discovery and pressed on with the event. A few years later, her perseverance has not wavered. This past September, she ran the 13th annual Run for the Cure, followed by the Casino Niagara International Marathon's half-marathon event in October, which she did with her 17 year-old son and her 19 year-old daughter.

"It was such a thrill for me. You can't put a price tag on that."

announce the birth of their son Jon Morrison Lindell on December 29, 2004. Donna is the president of the alumni association's Toronto branch.

Eric Jacksch, BA/91, was the guest speaker on information security at a Canadian Marketing Association meeting last fall. Eric resides in Ottawa where he runs a company called Tenebris Technologies.

Kanina Holmes, BJ/92, MA/95, has been nominated for a Gemini Award, the most prestigious TV competition in Canada, for producing a CBC documentary. Kanina is an assistant professor in Carleton's School of Journalism and Communication.

Graham Kingma, BA/92, and his wife are pleased to announce the birth of their daughter Hailey on November 9, 2004. The happy family resides in Mississauga, ON.

Mark Lefebvre, BAHons/92, is pleased to announce the birth of his son Alexander on July 7, 2004. Mark resides in Hamilton, ON.

Andrea Martin-Cook, BA/92, and **Tony Cook, BEng/93**, have moved back to Ottawa from Sudbury. Tony is a project manager for PCL Constructors and Andrea is at home with their two sons Samuel Nicolas Hugh, born December 25, 2000, and Benjamin Martin Lyon, born August 7, 2003.

Scott Martin Jeror, BA/93, and his wife are pleased to announce the arrival of their second child, Tarynn Alyssa Jeror, born on June 17, 2004, a new sister for Natasha. The happy family resides in Arnprior, ON.

Mike New, MEng/93, is a consultant for BEA Systems in Ottawa. Last year he and **Tomomi Matsuoka, MA/93**, moved back to Ottawa having lived in London, U.K., for two years.

Sandra Ross-Nguyen, BAHons/94, BA/95, was married in a private ceremony in Hawaii in June. She has been teaching at Woodroffe High School in Ottawa for the past eight years.

Meghan Howard (Cross), BJ/95, and **Ian Howard, BA/03**, are proud to announce the birth of their first child, William Robert John, on August 22, 2004. The family resides in the Ottawa area.

Rebecca Page, BA/95, owns and operates Concierge Home Services, which recently won the 2004 Torch Award for Marketplace Ethics in the small business category. Rebecca resides in Ottawa.

Lee Demarbre, BA/96, recently released the action-spoof film *Harry Knuckles and the Pearl Necklace*, the third instalment in the Harry Knuckles series. Lee resides in Ottawa.

Shannon Lafond (Davis), BA/97, and her husband are pleased to announce the birth of Abygail Joyce Lafond on August 19, 2004.

Jay Llewellyn, BA/97, moved to Ancaster, ON, where he resides with his wife and their future Raven, Davis.

Stefania Moffatt (Allevato), BJ/97, and **Scott Moffatt, BJ/95**, are happy to announce the birth of their daughter, Lindsay Sofia, on August 25, 2004. They reside in Ottawa, where Scott operates Pharm Team Communications and Stefania is the director of editorial services.

Chris Taylor, MJ/97, married Line Jean-Louis on September 4, 2004, in Chester, NY. They reside in Brooklyn where Chris works as a freelance writer.

Sandy Wakeling, BA/97, and **Alison Wakeling, BA/97**, would like to announce the arrival of their second future alumnus, Sébastien Laurence Wakeling, on July 29, 2004. The family resides in Maple Ridge, B.C.

Patrice James, BA/98, premiered her debut documentary, *Flava Sisters Flava*, in Ottawa, where she resides, last October.

Jeff Pakeman, BA/98, is pleased to announce the birth of his son, Wyatt Everett Harrison Pakeman, on August 9, 2004. Jeff resides in Nepean, ON.

Naoko Kors, MA/98, is pleased to announce the birth of her daughter Marika Helena on August 20, 2003. Naoko resides in Ottawa.

Amanda Prince, BA/98, is a prosecutor for the City of Toronto. She was recently married and resides in Mississauga, ON.

David Gardiner, BA/99, practises personal injury and medical malpractice law in Timmins, ON, where he resides.

Amy Hall, BA/99, and her husband are pleased to welcome baby Ashlyn to their family. Amy will continue her career with a provincial government agency

following her maternity leave. The happy family resides in Point Edward, ON.

Cindy MacDougall, BJ/99, and her husband are pleased to announce the birth of their second son, Isaac William Morrell, on August 1, 2004, a brother for Alex. The family lives in Yellowknife, NT.

2000s

Joe Belfontaine, BA/00, has accepted a job as the senior advisor, stakeholder relations, in the office of **Jim Watson, BA/83**, Ontario's Minister of Business and Consumer Services. Joe resides in Toronto.

Stephen Desroches, MA/00, and his wife are happy to announce the birth of their son Jack Desroches in Ottawa.

Naomi Johnson, BJ/00, and **Jamie Côté, BScHons/00**, were married on October 16, 2004, at a vineyard near Kelowna, B.C. The couple met in 1997 on campus while living in Lanark residence. They currently reside in Edmonton, AB.



Anna Williams, BMus/00, recently released her debut CD called *Odyssey*. A jazz vocalist, Anna resides in Ottawa.

Anna Maria Pollock, BHum/01, was awarded a 2004 J. Armand Bombardier Internationalist Fellowship and will spend six months in Lebanon studying comparative law.

Kim Saravanamuttoo (Askew), MJ/01, and **Neil Saravanamuttoo, BAHons/91**, are pleased to announce the birth of Paige Angharad Megan on January 13, 2004. The happy family resides in Ottawa.

Stephanee Walker, BA/01, has graduated from Medaille College in Buffalo, NY, with a bachelor of education degree. She recently became engaged and will be married in November 2005, in Cornwall, ON, where she resides.

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Katrina Parker, BAHons/03, with the Ride Vault ski and snowboard locker system.

Skiing with security

By Scott Foster

Ever since Katrina Parker could walk, skiing has been her passion. In fact, the Ottawa native says her heart can probably be found somewhere amid the fresh powder of British Columbia's Kicking Horse Pass.

But now the 25 year-old's favourite pastime is also her business.

Parker, BAHons/03, was an English major at Carleton who added a business minor partway through her degree. As she neared graduation, Parker had every intention of applying her major by becoming a writer or taking off to Japan to teach English.

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But those plans suddenly changed when she was required to draw up a business plan for one of her commerce courses. Staying true to her lifelong passion, she pitched the idea of a ski and snowboard security system to be situated at the bottom of ski runs and in front of lodges, complete with a rudimentary design drawing.

Parker's business plan appealed to fellow student Kevin Bennett so much that the 25 year-old economics major at Carleton offered to buy it. Faced with a sudden decision, Parker realized that if she were to relinquish her idea she would never find out if it really worked.

So the pair decided to incorporate Ride Vault together, with Bennett taking time off school to devote all his energy to the new business. Parker is the Ottawa-based company's director, while Bennett is the president.

The duo worked together to have a commercial product created and, before they knew it, the founders of Ride Vault were drumming up business in the Ottawa-Gatineau region.

Last winter, Ride Vault made its debut at Camp Fortune in Chelsea, Quebec. Since then, other ski resorts in the region have been calling the company, says Parker. And last November, Parker ventured to Calgary in the hopes of hammering out a deal with a ski resort there.

"We're only limited to the number of ski hills in the world," she says. "Why should we stop in Canada when there are mountains in the United States, Europe and Japan?"

In memoriam

John Horner, BAHons/91
on April 3, 2004*

Charles Gordon, faculty
on September 27, 2004*

G. Ross Quarrington, BSc/57
in November 2003

Michael K. Oliver, former President
on September 29, 2004*

Barbara Farrell, MA/78, former staff
on October 8, 2004*

John Adjeleian, former faculty
on October 14, 2004*

Frederick Woodward, BCom/55
on April 12, 2004

Russell Hirsch, BA/79, BAHons/83,
MA/87

Carla Gottlieb, former faculty
on July 28, 2004

Patricia O'Callaghan (Provost), BA/76
on August 10, 2004

Norman Fenn, former staff
on November 17, 2004*

Peeter Kruus, former faculty
in November 2004*

Moire Anne Wadleigh, BAHons/79
on November 3, 2004

Bruce Holman, BJ/78
on June 10, 2004

Ethel Dickson, BA/54
in April 2004

Gerald Defalco, BEng/82
on December 9, 2004

Angela Aebig, BScHons/00
on December 23, 2004

*obituary available online at
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Ex Libris

We are pleased to present a listing of recent books written by graduates of Carleton University.

From Telegrapher to Titan: The Life of William C. Van Horne
By Valerie Knowles, BJ/64

Provides insight into the man behind the construction of the Canadian Pacific Railway in the 1880s, and the challenges he faced in punching a railway line through rough terrain.

Dundurn Group (Toronto) 2004; \$55; dundurn.com

The Bone Flute
By Patricia Bow, BAHons/68

With the help of her friends, 12 year-old Camrose braves fire and much worse to restore an ancient bone flute to its rightful — and unexpected — owner.

Orca Book Publishers (Victoria) 2004; \$9.95; orcabook.com

The Oxford Companion to Canadian History
By Gerald Hallowell, MA/66

This new reference work contains over 1,600 articles and is the only A - Z source on Canadian history available.

Oxford University Press (Toronto) 2004; \$79.95; oup.com/ca

Ripe for the Picking
By Terrence Rundle West, BA/62

With Quebec about to win its third referendum, the Canadian economy is in free fall and Canada is ripe for the picking by an American consortium.

Self-published 2004; \$21.95; terrencerundlewest.com



One Hand Screaming
By Mark Leslie, BAHons/92

A collection of chilling fiction and disturbing poetry.

Stark Publishing 2004; \$17.95; starkpublishing.ca

Men, Militarism and UN Peacekeeping
By Sandra Whitworth, MA/86, PhD/92

Investigates, from a feminist perspective, some of the realities of military intervention under the UN flag.

Lynne Rienner Publishers (Boulder, Colorado) 2004; \$49.95; rienner.com

Northern Exposures: Photographing and Filming the Canadian North, 1920 - 45
By Peter Geller, PhD/95

Examines the photographic practice of the Canadian government, the Anglican Church, and the Hudson's Bay Company, the three major colonial institutions involved in the arctic and sub-arctic, in the first half of the 20th century.

University of British Columbia Press (Vancouver) 2004; \$85; ubcpres.ubc.ca/

Canadian Bolsheviks: The Early Years of the Communist Party of Canada
By Ian Angus, BAHons/70

Second edition of the history to build a Leninist party in Canada.

Trafford Publishing (Victoria) 2004; \$31.95; trafford.com

Inventing Tax Rage: Misinformation in the National Post
By Larry Patriquin, MA/86

Critiques the case made for tax cuts in the *National Post* during its first year of publication.

Fernwood Publishing (Halifax) 2004; \$24.95; fernwoodbooks.ca

Stephanie Pereira, BScHons/02, and Delan De Silva, BCSHons/02, were recently married after meeting at Carleton in their first year. The couple resides in the Ottawa area.

Megan Jerome, BMus/02, is in a jazz group called the Megan Jerome Trio. They recently released their debut CD called *Unlonely*. Megan resides in Ottawa.

Jay Nordenstrom, BA/02, was appointed the director of government and industry affairs for the Canadian Association of Railway Suppliers in Ottawa. Jay is the president of the alumni association's Ottawa branch.

Holly Nelson-Stewart, BJ/03, has been promoted to manager, promotions and publicity, at Warner Bros. Canada in Toronto, where she resides.

Arnold Shoon, BEng/03, recently co-authored an IBM Redbook on Highly Available WebSphere Business Integration Solutions. He lives in Toronto where he works with IBM Canada.

Jennifer Pak, BJ/04, is working as a reporter at SUN FM 97.7 in Grande Prairie, AB.

Gemma Richardson, BJ/04, is heading to Nairobi, Africa, on a six-month internship as a health advocacy officer.



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The Large Adventures of the Incredible Smalls

By George Laidlaw, BSc/71

The theft of a museum's prized fossil begins the disappearance of children in the rural community of Spoonerville.

Baico Publishing (Aylmer, Quebec) 2003

Sleeping Dragons Book One: Becca's Scarecrow

By Kevin Mason, BEng/93, and Alex Szewczuk

Two tales of fantasy examine the power of fiction and the danger of meddling with forces beyond one's control.

Too Hip Gotta Go Graphics (Nepean) 2004; \$14.95 U.S.; toohipgottago-graphics.com

Gendering the Vertical Mosaic (2nd edition)

By Roberta Hamilton, BA/63

Examines some of the key themes and concerns that have been raised by women's movements in Canada in the past 30 years.

Copp Clark (Toronto) 2005; coppclark.com

One Up On Your Competition

By Joanne Eileen Barber, BA/71

A guide on job search strategies, résumé preparation and the key questions encountered in interviews.

Publish America (Frederick, Maryland) 2004; \$14.95; publishamerica.com

At the Edge: Sustainable Development in the 21st century

By Ann Dale, BA/80, MA/94

Human growth and activity patterns are slowly destroying the earth. Hope lies in sustainable development — the fundamental human imperative of the 21st century.

University of British Columbia Press (Vancouver) 2002; \$27.95; ubcpres.ubc.ca/

Grandpa, tell me a story...

By Bernie Pelot, BA/88

An autobiography that elucidates for future generations what life was like for ordinary Canadians during the technological change of the 20th century.

Self-published (Gloucester, ON) 2004

The Ideal World of Mrs. Widder's Soirée Musicale: Social Identity and Musical Life in Nineteenth-Century Ontario

By Kristina Marie Guiguet, MA/03

Examines the way musical life affected and reflected the values of the distinct categories of class and gender in pre-Confederation Canadian society.

Mercury Series (Gatineau, Quebec) 2004; \$24.95; civilization.ca/academ/academe.html

Thread of Deceit

By Susan Donaldson, MA/96

When Lilly stumbles across the battered corpse of John Reed, the missing clerk from a Prescott shipping company, she is determined to find his killer.

Sumach Press (Toronto) 2004; \$10.95; sumachpress.com/



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◀ There are approximately two million people infected with HIV/AIDS in Tanzania. Nearly 50 percent of new HIV/AIDS infections occur in young people between 15 and 24 years of age.

Agent of change

Graduate works with youth to fight **AIDS** in Africa

By Cindy Robinson

The United Republic of Tanzania is one of the few countries in Africa's Great Lakes Region — which includes war-torn Rwanda, Burundi and Uganda — that enjoys peace. But a different battle is taking place among the country's population of nearly 34.5 million people. It's a fight against the spread of HIV/AIDS, the deadly disease that decimates the human immune system.

"HIV and AIDS is a big problem in Tanzania due to poverty, inadequate public education, and the cultural environment," explains Carleton graduate Halima Shariff. "The outlook has been that young people aren't supposed to know about sexual and reproductive health, so most of them don't know how to protect themselves."

Shariff is the country coordinator in Tanzania for the African Youth Alliance (AYA), a project geared at improving the sexual and reproductive health of young people between 10 and 24 years of age. The project works in partnership with the government, non-governmental organizations, and community-based groups, to reduce the incidence and spread of HIV/AIDS and sexually transmitted infections, and improve adolescent reproductive health in Ghana, Uganda, Botswana and Tanzania.

Providing youth with sexual and reproductive health information and education was once a sensitive issue in Tanzania, says Shariff. There was a concern that providing such information might provoke irresponsible sexual behaviour. However, through AYA, Shariff and her colleagues have worked tirelessly to promote youth-friendly services, disseminate information on reproductive issues, and mobilize youth to access information and services, such as condoms and contraceptives.

Shariff, M/J/90, also notes that AYA, established in the fall of 2000 under the Bill and Melinda Gates Foundation, empowers the youth population by directly engaging them in media advocacy, where they discuss policies that impact adolescent sexual and reproductive health (ASRH) with policy makers and other stakeholders. "The media has broken the silence on these sensitive issues," says Shariff.

"Young people come to us and take part in our activities," she adds, saying, "They are a big resource as agents

of change if they are well moulded and given the skills to advocate for their ASRH rights and resources for such programs."

With the current combined efforts of AYA, various stakeholders and on-going public awareness campaigns, Shariff says there has been a notable change in young people's sexual behaviour.

"Things are changing in Tanza-

nia," she says confidently, cautioning that changes in youth sexual behaviour takes time. "We are seeing youth — particularly girls — beginning to negotiate safer sex by strongly emphasizing condom use among peers," she says.

Shariff says she is optimistic about the role that young people can play in changing the cultural attitudes in Tanzania, and believes youth participa-

tion and involvement is now better understood as an essential component in the march to free Tanzania of HIV/AIDS.

"I'm quite hopeful since governments are realizing the need to work with young people, and development partners show great interest in funding youth-related activities." ■



Halima Shariff, a veteran journalist, is the country coordinator in Tanzania for the African Youth Alliance.

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